

Supplement	Primary Benefit(s)	ONA*	Notes
Acetyl-L-Carnitine	Refreshes mental energy, improves mood, and slows the aging of cells—particularly brain cells. May impede the development of Alzheimer’s disease.	500 mg, twice daily	Best taken in combination with Alpha Lipoic Acid.
Alpha Lipoic Acid	Powerful antioxidant, readily absorbed into the body. Helps to control inflammation and repair of collagen damage, which is why it is often found in antioxidant skin creams.	200 mg, twice daily	When combined with Acetyl-L-Carnitine has been shown to repair mitochondria.
Vitamin B Complex	Cluster of related nutrients, which work together to produce energy by extracting fuel from the carbohydrates, proteins and fats in food. Folic acid is the most important component as its deficiency has been associated with many diseases as well as birth defects and depression.	1000 mg daily	Take one containing 800 mcg of folio acid per serving.
Black Cohosh	Mimics estrogen and minimizes menopausal symptoms and menstrual cramps.	16 mg daily for 2 weeks	Women only.
Vitamin C	Neutralizes cell-damaging free radicals. High levels of vitamin C have been associated with reduced risk of stroke and heart disease.	200 mg daily	Don’t rely on just the supplement—eat 2 or more servings of fruit a day and plenty of fresh vegetables.
Calcium	Slows bone loss and reduces the risk of fractures and osteoporosis. May reduce the incidence of colorectal cancer.	800 mg daily	Cannot be absorbed without an adequate level of Vitamin D. Vitamin K and Magnesium also aid in calcium absorption.
CoQ10	Reduces the symptoms of heart disease, including congestive heart failure, and can aid in restoring the heart to its healthy state.	30 mg, twice daily	People with heart disease should take up 100 mg, twice daily—200 mg total.
Cucumin	Derived from turmeric. Powerful anti-inflammatory agent provides protection against the multitude of mutagens in the environment. May be helpful in combating arthritis.	400 mg daily	Indians have been using this for centuries.
Vitamin D	Associated with decreased risk of many common cancers, including colon, breast, prostate and ovarian. Critical for maintaining calcium in the blood.	1000 units daily	20 minutes a day of direct sunlight will also provide a similar amount of Vitamin D.
DHEA	A natural hormone that decreases with age. Increasing DHEA improves sex drive, enhances immunity, sharpens memory and brightens mood.	25 mg daily	Because DHEA can simulate testosterone production, is should not be taken by men with risk of prostate cancer.
Vitamin E	Improves blood viscosity, protects the heart and may help reduce the risk of dementia. Combined with selenium can provide a protective effect against methylmercury, the mercury contaminant detected in fish and seafood.	400 units daily	Use natural, mixed “tocopherols” and not alpha-tocopherol.
Vitamin K	Essential for the formation of osteocalcin, the structural framework inside bones around which calcium crystallizes.	15 mg daily	Warning: Vitamin K can counteract prescription blood thinners such as warfarin. Consult with your doctor .
Lutein with Zeaxanthin	Wards off cataracts, cuts the risk of macular degeneration, and reduces the fatigue caused by staring for long periods of time at a computer screen.	20 mg Lutein/ 1mg Zeaxanthin, daily	These are the dominant carotenoids that protect the eyes. Concentrated in kale, spinach and other leafy greens but few people eat enough of these.
Lycopene	Powerful carotenoid reduces the risk of cancer.	15 mg daily	If you eat lots of cooked tomatoes, you don’t need this supplement.
Magnesium with Potassium	Reduces risk of metabolic syndrome including components such as high blood pressure, high blood sugar levels, elevated fats and low levels of HDL cholesterol.	400 mg	Many medications, including diuretics, deplete the body of magnesium.

Melatonin	Natural hormone that induces sleep to fight sleep deprivation and also “jet lag.”	1 mg-10 mg, nightly	The dosage varies because melatonin is more effective in some people than others and it is harmless to take up to 10 mg.
Milk Thistle	Provides liver support, has been shown to reduce death from cirrhosis and improves the outcome of hepatitis treatments.	150 mg daily	Take as a preventative measure if you worried about drinking too much alcohol or if your doctor tells you you have high albumin levels.
Nattokinase	Facilitates better blood flow throughout the body, including the brain and promotes improved memory and cognitive functions. Prevents the formation of clots.	100 mg daily	Derived from natto, which is a fermented soybean product. Safe alternative to aspirin therapy.
Omega 3	Promotes cardiovascular health and prevents heart attacks by lowering blood pressure and maintaining arterial flexibility. Reduces triglycerides and increases levels of HDL cholesterol. Has been shown to lubricate joints to alleviate the symptoms of arthritis. May reduce risk of Alzheimer’s disease.	2000 units daily (EPA/DHA combination)	If you eat fish 3 or more times a week and in particular fatty fish such as salmon you can skip the supplement.
Potassium	Helps maintain the correct fluid balance in the body.	40 mg daily	Some doctors recommend more for patients using blood pressure medication.
Phosphatidyl serine (PS)	Stimulates the cells of your brain to make more dendrites and axons and thereby enhances cognitive functions.	300 mg daily	People who take PS remember more names, faces, phone numbers, etc.
Probiotics	Assists digestion and absorption of fats and carbohydrates, fights bacterial infections, boosts immunity and may even promote longevity.	3 to 6 billion organisms daily which is 1 to 3 pills	The “good bacteria” found in yogurt which has not been pasteurized. It is difficult to get enough from yogurt alone unless you eat more than 2 cups a day.
Selenium	Powerful antioxidant with proven cancer-fighting properties which seem to be effective against all forms of cancer.	200 mcg, daily	Best taken with Vitamin E. See above.
Saw Palmetto	Relieves constricted urinary flow by blocking the enzyme that causes the prostate to enlarge. Some men who take this also report sexual rejuvenation.	580 mg daily	Men only.

\*Optimal Nutritional Allowance. This is a difference standard from Recommendation Daily Allowance (RDA) as the RDA is sometimes, though not always, less than the ONA. Maximum benefit is derived from the ONA. These dosages are for adults.